

African-American History Month

By Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — February was National African-American History Month; celebrated to honor the contributions of Americans of African descent in the American community.

Black History Month dates back to 1926 when Carter G. Woodson, the historian, founded Negro History Week during the second week of February as it coincides with the birthdays of Abraham Lincoln and Frederick Douglass.

Negro History Week became Black History Month in 1976.

This year's observance theme was "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington" to recognize the 150th anniversary of Abraham Lincoln's Emancipation Proclamation as well as the march on Washington where Dr. Martin Luther King, Jr. gave his famous speech.

According to U.S. Naval Forces Central Command Fleet Site Manager Wardell Gillespie, all ethnic and gender events throughout the year—including the African-American History Month—deepen the understanding of history and celebrates the contributions that all Americans have made in their struggles for freedom, dignity and equality.

The Multicultural Committee hosted different events to help the NSA Bahrain community commemorate Black History Month.

The committee held a cultural music demonstration while distributing information about Black History Month.

"The music observance is a reminder that African-Americans have strong roots in just about every genre of

AFRICAN-AMERICAN Page 4



Photo by MC1 (SW/AW) David R. Krigbaum

Kendra Husband, Eddie Smith, Kesia Vanootten, Ivory Harris, and Riva Norris perform a skit during the African-American History Month Inspirational Celebration held on board Naval Support Activity Bahrain.

JUST SAY NO... And we'll tell you why



Photo by MC1 (SW/AW) David R. Krigbaum

Construction Electrician 2nd Class Fernan Hernandez, assigned to NSA Bahrain Public Works Department, facilitates an Alcohol and Drug Abuse for Managers/Supervisors class.

By MC1 (SW/AW) David R. Krigbaum
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Drug and alcohol abuse are problems the Navy takes seriously. One of the tools used to fight the abuses is Alcohol and Drug Abuse for Managers/Supervisors (ADAMS) training. ADAMS is day-long training that educates Sailors and informs them of how to handle cases of substance abuse.

"ADAMS for Supervisors is a leadership tool and it creates a pro-active atmosphere vice a reactive atmosphere," said Master-at-Arms 1st Class Dane Burgess, Naval Support Activity Bahrain's command Drug and Alcohol Program Advisor. He said the main benefit of the program is educating frontline leaders with the tools they need to understand Navy drug and alcohol programs.

According to ADAMS facilitator Construction Electrician 2nd Class Fernan Hernandez it edu-

cates supervisors in what the warning signs of substance abuse are, what new drugs are out, what actions to take in dealing with substance abusing subordinates, and how to help any Sailor with a alcohol or drug issue. The course also has segments on related topics such as the urinalysis program as well as handling equal opportunity or sexual harassment complaints.

"There was a lot of new information put out about the drugs that are out like spice, bath salts and this new alcohol on the market [Hemp-infused vodka]," said Chief Master-at-Arms Vanessa Hernandez, assigned to Naval Security Forces Bahrain. Hernandez also said that the class' group dynamic made use of the attendees experience for getting information to junior Sailors.

ADAMS training is conducted monthly on board NSA Bahrain and trains about 100 Sailors every month. The high attrition rate due to the short tours of Sailors stationed in Bahrain means ADAMS training is constantly in demand.

INSIDE

- 3 - CHAPLAIN'S CORNER
- LEGAL CORNER
- FROM THE DESK OF THE COMMAND MASTER CHIEF
- 4 - TRANSITION - GOALS, PLAN, SUCCESS, THE NEW CAREER READINESS STANDARDS
- 6 - MWR EVENTS & INFO



DR. SEUSS'S BIRTHDAY CELEBRATION AT NSA, P. 2



RIVALS CLASH IN A MEMORABLE FACE OFF AGAIN, P. 4



EXPERIENCE BAHRAIN, P. 5

THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain

DR. SEUSS'S BIRTHDAY CELEBRATION AT NSA!

Story and photos by Weam M. Ahmed

In honor of the man who brought us *The Cat in the Hat*, *Horton Hears a Who* and *How the Grinch Stole Christmas*, Naval Support Activity (NSA) Bahrain celebrated the birthday of Dr. Seuss, Feb. 28.

Morale, Welfare and Recreation (MWR) organized the event at the Main Street Park on base. "This is an event we've been doing here for at least four years," said NSA Bahrain MWR Recreation Director Raymond Santiago. "It's a cooperation between MWR, especially the library and the Bahrain elementary school."

NSA Bahrain Executive Officer Cmdr. Justin Rubino started off the event by reading Dr. Seuss' *Green Eggs and Ham* to the children in attendance.

"I think Dr. Seuss is in the home of every child in the United States, probably around the world so I think it's great to celebrate it," said Rubino. "I think it's important to get the children out of the classroom and let them enjoy a nice day and socialize with the other students."

According to Santiago, Dr. Seuss is one of the greatest children books story writers of all time, as his stories integrate rhyming and teaches children words as well as making reading fun to keep them interested.

"Dr. Seuss is a great author and we want to remember him and show how a wonderful author he was," said MWR Library Acting Librarian Maria Fernandes. "His books are really encouraging and it is a great motivation for the children."

After the reading of the book, attendees were invited to have a breakfast meal of green eggs and ham.

The event incorporated activities like henna painting, balloon art, face painting, sand art, inflatables as well as a stand where Dr. Seuss' books were displayed for the audience.

"My grandkids love Dr. Seuss," said Judy White. "So celebrating his birthday is just like any other friend's birthday, it's fun!"



the Bahrain DESERT TIMES

439-4520

www.cnic.navy.mil/bahrain

Commanding Officer

Naval Support Activity Bahrain

Capt. Colin S. Walsh

NSA Bahrain Executive Officer

Cmdr. Justin Rubino

Public Affairs Officer

Jennifer L. Stride

Editor

David Sidney

Staff Photojournalists

MC1 (SW/AW) David R. Krigbaum

Weam M. Ahmed

The Bahrain Desert Times is an authorized publication primarily for members of the Navy and Marine Corps military services in Bahrain.

Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense, the U.S. Navy or Marine Corps and do not imply endorsement thereof.

All editorial content is prepared, edited, provided and approved by the staff of the NSA, Bahrain, Public Affairs Officer.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the DoD, the U.S. Navy or Marine Corps and Commanding Officer Naval Support Activity Bahrain of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

The Bahrain Desert Times is published bi-weekly by Red House Marketing, P.O. Box 20461, Manama, Kingdom of Bahrain, a private firm in no way connected with DoD, the U.S. Navy or Marine Corps.

Red House Marketing, is responsible for commercial advertising, which may be purchased by calling: (973) 1781 3777 or send in a Fax to (973) 1781 3700.

Chaplain's Corner

Forlorn Man on a Road



By Cmdr. Brent Johnson
NSA Bahrain Command Chaplain

He was a forlorn man squatting by the side of a dusty Wyoming highway on a hot summer day. I was riding with my senior pastor, heading back to Buffalo after a day of visiting members of our church who lived on ranches in the Powder River region, east of the Bighorn Mountains. We saw this man sitting by the road with his head down, a few meager belongings gathered around him and so we pulled over. Hitchhikers rarely travelled the road we were on and he looked like he was hurt. Once we stopped he looked up and we saw bruises on his face, the result of a fight the night before when he learned it isn't wise to talk trash about cowboys in a cowboy bar. He got in the van and told us his story.

The man had served as a Ranger in the Army years before and spent two tours in Vietnam in a program that required him to work in rural areas seeking out Viet Cong leaders. He lived on the east coast after getting out of the Army and was travelling across the states to Seattle where a combat buddy lived. They were planning a reunion for their unit. He said he could no longer relate to regular people, just his old friends from Vietnam, and was surprised to be in a car

with two ministers since God had long abandoned him. We drove him to where he wanted to go next, a small restaurant, and gave him some extra cash we had. My pastor said a prayer for him and that was the last I saw of the forlorn man from Vietnam.

He exhibited the signs of someone who was suffering from spiritual injury due to his military service. In his day there was no brief given to people getting out of the military about the hidden wounds they picked up in combat. The Veteran's Administration article, *10 Things You Should Know About Spiritual Injury in Military Service*, has this to say about spiritual injury: "Persons suffering from Post-Traumatic Stress Disorder... are four times as likely as the general public to believe that God has abandoned them." As a result of this their moral and spiritual injuries go undetected because vets carry guilt and shame that makes it hard for them to even discuss, or understand, these injuries.

In Psalm 42 David, a warrior and poet, compares this sense of abandonment and longing for restoration with God to that of a deer in the desert seeking a stream from which to drink. "My souls thirst for God," he says. David described feeling poured out and cast down, yet he twice sang the refrain, "Hope in God; for I shall again praise him, my help and my God." He recognized that there is healing even for spiritual wounds.

If you can relate to the forlorn man I described at the beginning of this article I encourage you to do three things. Contact your local chaplain and begin discussing your spiritual wounds. Read Psalms 37 through 43. They were written by a wounded warrior who sought out God for healing. Look at the website godunderstands.americanbible.org. There is a lot of good material there for anyone who hurts and seeks healing. There is no need to suffer alone and silently anymore.

Military Saves Poker Run



Photo by MC1 (SW/AW) David R. Krigbaum

Sam Rayburn a Work and Family Life Specialist assigned to Fleet and Family Support Center Bahrain talks to Poker Run participants about saving money. Participants in the Poker Run stopped at booths spread throughout NSA to learn about finances and saving. The Poker Run event was part of the Military Saves campaign designed to encourage servicemembers to save money.

LEGAL CORNER

LT Candace Holmes, JAGC, USN

Legal Assistance Attorney

KNOW YOUR RIGHTS: Military Spouses Residency Relief Act (MSRRA)

In celebration of tax season, I want to highlight a relatively new tax law that benefits military spouses: the MSRRA. In short, the MSRRA allows a spouse to keep his or her established residence (a.k.a. domicile) for purposes of taxation. If a spouse earns income from working in state where he or she is present with the servicemember (SM) pursuant to military orders, and that state is NOT the spouse's residence/domicile, the spouse generally will not have to pay taxes to that state.

An example to illustrate the benefits of this law: SM is a resident/domiciliary of State A. SM's spouse takes the required steps to establish domicile in State A. SM gets orders to State B and spouse moves to State B with SM and starts working. The spouse can assert the MSRRA and State B cannot tax the spouse's income earned in State B. However, the spouse may still be required to pay taxes in State A if State A requires it. This law can be quite complicated, so it is important to consult with an attorney before making any changes!

What you need to know:

- **Domicile:** Domicile is the place that you consider "home." It is the place that you have lived and intend to remain for the indefinite future and return if temporarily absent. Some factors states consider in order to determine whether you are "domiciled" include where you vote, own property, hold professional licenses, register vehicles, and hold a driver's license.
- The MSRRA does not allow a spouse to pick or choose a domicile randomly. A spouse must have actually lived in the state and established it as his or her domicile.
- Other income, such as income from the sale of real estate or from rental property, would likely be taxable in the state where the property was located.
- The MSRRA should make it easier for a spouse to vote in the domiciliary state by absentee ballot. Voting is a very important factor to establishing domicile.

As with most laws, there are a number of state-specific factors that must be met before you and your spouse can qualify. If you believe the MSRRA may apply to you, please contact our front desk at 439-4237 to speak with an attorney.

DO NOT FORGET TO HAVE YOUR TAXES DONE AT THE VITA CENTER!!
BUILDING 168-R
HOURS: SUN-THUR 0900-1500



From the Desk of the Command Master Chief



By CMDCM Ed Lambert
NSA Bahrain Command Master Chief

Shipmates,

In late December, 2012, the Liberty Center and Internet Café received

upgraded computers for use in their internet areas. As part of these upgrades, services were switched from ADSL lines to a Wi-Fi. As a result of this transition we have been experiencing continuous connection issues at both locations. Current issues include slow internet connections, limited printer services, and no scanning capabilities. What was intended to be a service improvement for our customers has so far, fallen short.

We are working diligently with all parties involved in the transition to get these issues resolved as quickly as possible. We apologize for this situation and hope to find a resolution soon. If you have any concerns or questions, please contact the Liberty Center Manager or stop by the MWR Admin Offices on the 2nd floor of P911 (Freedom Souq).

Transition - Goals, Plan, Success, the New Career Readiness Standards

By Rise Ruhl

CNIC N91 Military Support Section Lead

You have heard the buzz about a new, improved Transition program called Transition Goals, Plan, Success (Transition GPS), but here is a little background just to be sure you have all the latest information.

Transition GPS complies with the president's plan (under the VOW Act) to reduce veteran unemployment and augment transition support. Service members must not only complete a pre-separation counseling checklist – something that has been mandatory – but must also attend the Transition GPS five-day workshop. The new workshop

includes a standardized program with extensive military-to-civilian skills review, financial planning, Department of Labor (DOL) job search skills building and VA briefings. Additionally, optional courses will be offered to enhance the pursuit of higher education, technical training or entrepreneurship.

The crux of the entire program is something called "Career Readiness Standards" (CRS). The pre-separation counseling and Transition GPS workshop work together to improve service members' preparedness for the next phase of their lives in the civilian world. This is measured by the CRS. These standards ensure service members reach a pinnacle of readiness for the civil-

ian workforce.

Some of the CRS are relatively simple to fulfill and measure, such as registering for eBenefits. Other CRS require more effort from the service member; for example, evaluating the demand of a particular job (occurs during the Military Occupation Code (MOC) crosswalk portion of the five-day workshop) and preparing a full job application package which includes resume and references.

So how do commands and staff know if a service member has accomplished their CRS? Transition GPS provides service members with an Individual Transition Plan (ITP) which documents their progress

through the transition process. The ITP helps service members identify their goals regarding education and training, employment and financial health, so they can better plan the transition of their military skill-sets into the civilian workforce and experience greater success quickly.

The CRS are embedded in each ITP. Command Career Counselors and Fleet and Family Support Center (FFSC) staff review the ITP during the transition process. At the conclusion, service members present their ITP at a capstone event for evaluation, to make sure the CRS have been met. Military and family members are sure to be career-ready when they transition out of the military.

Rivals Clash in a Memorable Face Off Again

By Cpl. Fenton Reese

U.S. Marine Corps Forces Central Command

NAVAL SUPPORT ACTIVITY, Bahrain — After a double overtime thriller, U.S. Marine Corps Forces Central Command Forward Legends fell at the hands of their enduring rivals, Naval Support Activity Bahrain's Base team, "Stay Classy," with a score of 17-16, Feb. 26.

"It was a great game, a well fought battle. Both teams were playing well, and it was a high scoring affair; very entertaining," said MARCENT FWD player-coach, Jared Harrington.

The game started off in MARCENT Fwd's favor as they jumped to a four to one lead in the first inning. Their domination continued through the second as they went on to the third with a seven to three lead. However, the game took a drastic turn going into the inning. In the third, "Stay Classy" found their rhythm in bats and defense to shutout MARCENT Fwd, four to zero. This push tied the game at sevens going into the fourth.

"STAY CLASSY started hitting. We came out early and started off the game great. It took them a couple of innings to find their bats, but we knew they were going to," said Harrington.

According to MARCENT Fwd's Samuel Dean, MARCENT Fwd understood the skill level of their rival team and expected nothing less of a power push when "Stay Classy" found their groove.

"This team has a great line up and has many good players and hitters that know the situation in every at bat," said Dean.

With a tie score, the two teams charged into the fourth inning.

"Let's go, it's a new ball game," said one spectator.

From that point on in the evening, the game became a shoot-out.

MARCENT Fwd scored four more runs in the fourth, but "Stay Classy" took the inning and the lead with six, making the score 13-11, going into the fifth where they would continue their command and push their lead to 16-12.

However, MARCENT Fwd was not going down without a fight, as they dominated the sixth with a four to zero shut-out.

"You know, I never thought they had the game won. With the amount of runs that had been scored in this game, anything could have happened. And the way we were going back and forth it was still any one's game. It isn't over till it's over," said Harrington.

Once again they headed into the seventh with a tied score of 16-16.

Defense prevailed in the scoreless seventh inning sending the game into extra innings.

The two teams found themselves battling defensive play after defensive play through the eighth and well into the ninth and final inning.

With the night getting cooler and fatigue setting in, "Stay Classy" would get a big hit



Photo by Cpl. Fenton Reese

U.S. Marine Corps Forces Central Command Forward Legends (red) congratulate their rivals the NSA Bahrain Base Team "Stay Classy," after a double extra inning softball thriller in which Stay Classy won, 17-16.

allowing for one of their players to line up on third base. This play set up the winning run, as "Stay Classy" sacrificed an out to bring the runner on third home.

"We knew the runner at third could not score if we wanted the game to continue. They got the sacrifice fly, that's all it took. At that point I knew it was over, a well played game on both sides and unfortunately we came up short once again," said Harrington.

MARCENT Fwd recently was eliminated from a weekend tournament by "Stay

Classy." They lost by one point then as well. Over the past 12 months, "Stay Classy" and MARCENT Fwd have developed an intense respect and rivalry between each other; and it shows no sign of dying down.

"Both teams enjoy playing each other; the competition, the rivalry, the trash talking. It all makes for an interesting and exciting game," said Harrington. "There were a lot of hits, and a lot of great defensive plays from both dugouts; another classic game for this rivalry."



Photo by Weam M. Ahmed

Logistics Support Specialist 1st Class Katrina Kyner and U.S. Naval Forces Central Command (NAVCENT) Fleet Site Manager Wardell Gillespie play music by African-American artists. The musical presentation was part of the multicultural committee's African-American History Month observance.

AFRICAN-AMERICAN from Page 1

music that is prevalent in the U.S. and across the world," said Gillespie.

In addition to the music event and art displays around the base, the committee organized a special event at the chapel.

The event incorporated slideshow presentations about the history of African Americans and their achievements in the military as well as dramatic, poetry and mime performances.

At the end of the event, attendees took part in a special meal organized at the Morale, Welfare and Recreation (MWR) Oasis dining hall.

Gillespie thinks that the strongest weapon of the U.S. military is its diversity and being a part of such events reinforces his pride in all Americans.

"Observances of this type give all of us a chance to celebrate the achievements of individual components of our society just as if they were our own; because they are," said Gillespie. "No entity can exist in a vacuum and a victory for one group of Americans that is based on the ideals of our country is actually a victory for all Americans."

For more information on the Black History Month, visit the Navy's Diversity and Inclusion website at <http://www.public.navy.mil/bupers-npc/support/diversity>.

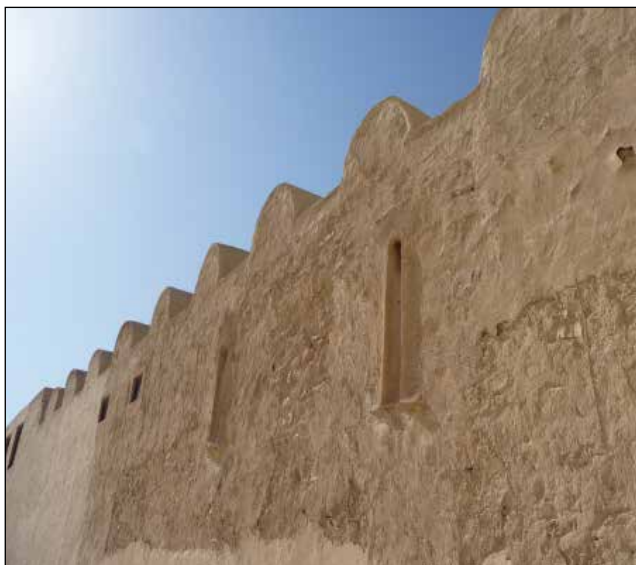
EXPERIENCE BAHRAIN

Sheikh Salman bin Ahmed al Khalifa al Fateh Fort (Riffa Fort)

Story and photos by MC1 (SW/AW) David R. Krigbaum
Staff Writer

There are three restored forts on Bahrain- Bahrain Fort (Qal'at al Bahrain), Arad Fort and Riffa Fort and what I find interesting about them is how little they each have in common. Each was built centuries apart and reflect the technology and military tactics used during their day. Having visited Bahrain Fort, a mixed-heritage fortress built by both Bahrainis and Portuguese, and Arad Fort, a 13th century Arab coastal fort, I finally made my way down to Riffa recently to check out Riffa Fort, or as it's formally known, Sheikh Salman bin Ahmed Al Khalifa Al Fateh Fort.

The current fort was built in 1812 over the foundation of a previous fort built in 1769. This was during the reign of Sheikh Salman bin Ahmed Al Khalifa Al Fateh who was the second Al Khalifa to rule Bahrain. His father, Sheikh Ahmed bin Mohammed Al Khalifa took Bahrain from its Persian-backed rulers in 1783. This is why he's called 'Al Fateh,' which means, "the conqueror."



A close up of the fort's outer wall.

More than a military structure it was also the home of the Al Khalifa family until the capital was moved to Muharraq in 1869. It was the site of the General Treaty of Peace with the British Empire in 1820 which was the beginning of the two countries relationship which would last until the 1970's. Sheikh Isa bin Ali, whose Muharraq home is another great place to see, was born here in 1848.

The fort is considered to be a typical example of Gulf military architecture from that period. Built a decade after the Sheikh Isa bin Ali House in Muharraq, Riffa Fort also has a very similar architectural style but on a grander scale. Once it had three courtyards and 35 rooms but most of the



The fort's main entrance.



The fort's museum has information about the royal family and the fort.

interior walls except for one separating the museum/cafe area and the restored section of the fort. Otherwise only foundations remain to denote where buildings and walls once stood.

Like the restored sheikhs homes in Muharraq, the restored rooms are empty and with the now open space inside the courtyards (except for the museum structure) it gives the impression of having had a lot of space. This makes it hard to imagine just how busy and crowded it must have been during its heyday. The upper level offers a great view of the valley below but as with other Bahrain stops the fort lacks safety railing so again, be mindful of children or child-like liberty buddies when exploring the second floor.

The glass-walled museum inside the fort walls has interactive displays on things related to the fort and the Al Khalifa family. Everything is in English, even the audio sections, and as a history lover I found it engaging and informative. I



A cliffside view of the fort.



Inside the fort.

also learned about falconry, horses and why because of the 1820 agreement signed in the fort, the Bahrain flag is red.

I visited the fort at 8:30 AM on a Saturday, which I recommend if you prefer to take pictures without people in them. When the fort's cafe, Saffron, opened at 10:00 AM a lot of people started coming in. Most to eat, but a lot also wandered around the rest of the site.

When I finished touring the museum I stopped in its cafe, Saffron, which you find at the historical sites in Muharraq as well. They served the same delicious Bahraini foods I had in Muharraq, balalit (sweet pasta) and baidtomat (eggs and tomatoes with bread). If there's an open table I'd recommend that you sit on the terrace over the cliff.

Not as impressive as Qal'at al Bahrain (Bahrain Fort) or as fascinating as roaming old Muharraq I enjoyed visiting the fort and learning its story. The drive back on the other hand, is a different story...

MWR NSA BAHRAIN BRINGS YOU

HOT Chicken Wings & KARAOKE NIGHT

Every Monday

1700-1900 *at the Beach Club*

SING & WIN!
Winner receives
20pcs. HOT CHICKEN WINGS
with Ranch Dressing!

\$0.40
per ounce

EAT, DRINK, SING & ENJOY A GREAT NIGHT OUT AT NSA BAHRAIN!

IG HOTLINES

Report Fraud, Waste, Mismanagement, Military Whistleblower
Complaints & Improper Mental Health Referrals to one of the following:

CNREUAFSWA Inspector General (NSA Bahrain)

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: ighotline@eu.navy.mil

Website: <http://www.cnrc.navy.mil/Europe/About/RegionalDepartments/InspectorGeneral>

NAVCENT Inspector General

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: ig.hotline@me.navy.mil

Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: NAVIGHotlines@navy.mil

Website: <http://www.ig.navy.mil>

United States Army Inspector General


Telephone #: 703-695-1500 DSN: 312-225-1500

United States Air Force Inspector General

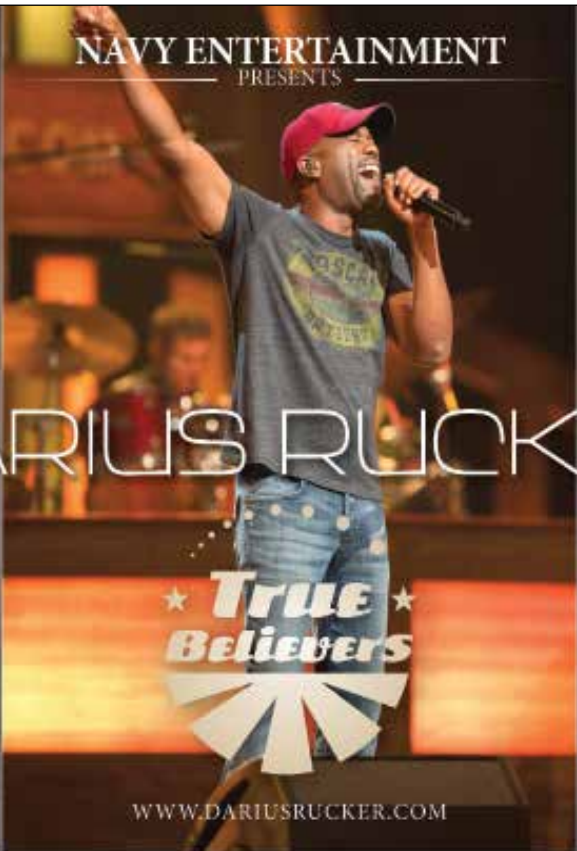
Telephone #: 202-404-5354 DSN: 734-5354

DoD Inspector General

Telephone #: 703-604-8799 DSN: 312-664-8799 Website: <http://www.dodig.mil/>



NAVY ENTERTAINMENT
PRESENTS



DARIUS RUCKER

★ True Believers ★

WWW.DARIUSRUCKER.COM

Tuesday, March 12
Starts at 1830
Freedom Souq Courtyard



FOR MORE INFORMATION, CONTACT MARIO FARRULLA AT 438-4927
OR MARIO.FARRULLA@ME.NAVY.MIL



COMEDIAN

Bernie

McGrenahan presents

LIVE
Stand-Up
Comedy Show

with a
Powerful &
Inspirational
Message

comedy tour
HAPPY HOUR
comedy tour

#1 Ranked Military
'Safety &
Prevention'
Program in America

// The most important
comedian in
the country today //

LA RAY NEWS

COMEDY WITH A TWIST

www.ComedyisTheCure.com

DATE: Wed. March 13th TIME: 1400-1500 PLACE: MPR- 2nd Flr Freedom Souq

MWR Cinemas

MOVIE COMPLEX

REGULAR TICKETS: ADULTS: \$4.00 CHILDREN (6-12): \$2.00

3D TICKETS: ADULTS: \$5.00 CHILDREN (6-12): \$3.00

Children 5 and under: FREE Admission

MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

***** MOVIE HOTLINE: 439-6916 *****



Go-Kart Racing

Thursday, March 14 & 21

- Time: 1700
- Min 6 people; ITT Price: \$27.00

Swim With The Dolphins

Friday, March 15

- Time: 1000 – 1300
- Min 8 people; ITT Price: \$49.00

Ladies Spa Day @ Dessange Spa

- Time: 0900 (Times subject to availability)
- Min 5 people; ITT Price: \$23.00

Guided Cultural Tour Of Bahrain

Saturday, March 16

- Time: 0900 – 1600
- Min 14 people; ITT Price: \$35.00

Sightseeing Tour

Sunday, March 17

- Time: 0900 – 1500
- Min 5 people; Cost: \$10.00

ITT

Al Jasrah Handicraft & Bahrain Fort Tour

Saturday, March 9

- Time: 0900 – 1300
- Min 10 people; Price: \$11.00

Guided Tour Of Mosque & Arabic Lunch

Sunday, March 10

- Time: 1000 – 1400
- Min 5 people; ITT Price: \$16.00

For more information, call x-3531
All dates and times are subject to change

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil
If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



Sunday, March 10

Sunday Sundaes

- Make your own ice cream sundaes. Free

Monday, March 18

Speed Pool

- Time: 1130; Free Pizza for players

Monday, March 11

Speed Pool

- Time: 1130; Free Pizza for players

Tuesday, March 19

SNAG

Wednesday, March 13

Happy Birthday March Babies

Wednesday, March 20

Bowling Challenge

- Time: 1600

Thursday, March 14

Last Buck Party

- Time: 1100

Friday, March 22

4 Man Sand volleyball Tournament

- Time: 1200

Saturday, March 16

Video Game Tournament

- Time: 1600

Sunday, March 24

Sunday Sundaes

- Make your own ice cream sundaes. Free

Sunday, March 17

Sunday Sundaes

- Make your own ice cream sundaes. Free

Monday, March 25

Speed Pool

- Time: 1130; Free Pizza for players

For more information, call the Liberty Center at 439-3192